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LIGHTS, CAMERA, STARS!

Host Seth MacFarlane speaks onstage during the Oscars held at the Dolby Theatre in Hollywood, Calif., Sunday. For more on the Oscars, including the night's biggest fashion moments, head to the Scene section, pages 6 & 7. KEVIN WINTER/GETTY IMAGES

The blues, through and through

The city gets set to groove to the sounds of the Saskatoon Blues Festival, kicking off its 11th year tonight PAGE 2

Brothers both face jail time

Olympic star Oscar Pistorius' older brother is facing charges in a woman's traffic death PAGE 3

This makes the cake

Tomato purée on the side adds zip to rice cakes PAGE 11

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The B.C. Read Big Band performs at the 2011 Saskatoon Blues Festival. Organizers say this year's Blues Festival will see roughly 8,000 people over the course of the event. AL WOOD/CONTRIBUTED

Saskatoon is singing the blues

Festival. Organizers say it's a chance for Saskatonians to learn more about the music and its history

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Music fans in Saskatoon are getting ready to rock as the Saskatoon Blues Festival main stage acts kick off Monday night.

Entering into its 11th year, the Blues Festival has had blues outreach programs at various care homes and community centres since Feb. 18 and now with the start of the main stage acts and the Blues in the Schools program, organizers say they're expecting roughly 8,000 people to participate over the course of the entire festival.

Jeff Montgomery, media relations with the festival, said the event has changed a lot since its beginning and although it's a chance for the city to embrace blues music, it's also a chance for musicians, from Saskatoon and abroad, to bring their talents to a different audience.

"The main stage shows give an opportunity for local, regional, national and international blues artists to put their show in front of people who might not normally get to see it," said Montgomery. "The local guys and gals, for them it gives them the opportunity to share the stage with artists from around the world — which gives them more exposure to the music."

Montgomery said he feels the festival is the perfect opportunity for people to be introduced to blues music and learn more about how the blues became such a dominant genre through history. "The thing about blues music is it's one of the first forms of music or genre of music that was established in North America by immigrants," said Montgomery. "When black people were brought to North America against their will, the hardships they went through were part of the formation of the music that became blues."

Hosted by the Saskatoon Blues Society, the Saskatoon Blues Festival runs from Feb. 25 until March 3 and main stage acts are held at various venues throughout the city.

Lineup

A few of the bands that will be at the Saskatoon Blues Festival:

- Apollo Cruz
- The Harpoonist And The Axe Murderer
- Albert Castiglia
- David 'Boxcar' Gates
- Steve James

FSIN hopeful about Valcourt appointment

The Federation of Saskatchewan Indian Nations is hopeful about the appointment of a new federal aboriginal affairs minister by Prime Minister Stephen Harper.

Bernard Valcourt will be replacing John Duncan as Minister of Aboriginal Affairs and Northern Development (AANDC) after Duncan resigned for improperly writing to a tax court on behalf of a constituent.

Valcourt, though new to the position, is no stranger to federal politics as he served in a number of minister roles.

Perry Bellegarde, Chief of the Federation of Saskatchewan Indian Nations (FSIN), said he looks forward to working with Valcourt in the future.

"Talking to some of the Eastern First Nations people, they have a fairly good rapport with him, so I'm looking forward to kind of a new beginning," said Bellegarde. "I want to meet with the new minister as soon as possible to start briefing him on the files and issues as we go forward."

Valcourt said he welcomed Harper's appointment, adding he feels the government has already made substantial strides on First Nations issues in Canada.

"We have built new schools, invested in clean drinking water systems, built thousands of new-homes, increased funding for services for the most vulnerable members of First Nations communities … but there is more to do," said Valcourt in a statement.

MORGAN MODJESKI/METRO

National prize

Idle No More founders win human rights award

The four women who turned the #IdleNoMore twitter hashtag into a national movement have been recognized for their work by receiving the Carole Geller Human Rights Award.

Sheelah McLean, Sylvia McAdam, Nina Wilson and Jessica Gordon started the hashtag to accompany a Nov. 2012 rally against Bill C-45 and inspiring similar rallies using the same hashtag to happen across the country.

The Carole Geller Human Rights Award, which includes a $2,000 prize, is a national award handed out periodically to an organization or an individual making an extraordinary sacrifice or involved in a particularly important human rights struggle. METRO

Climate change

Saskatoon committee plans to participate in Earth Hour

Saskatoon will once again be looking to participate in Earth Hour, an international initiative raising awareness about climate change by having people turn off their lights for one hour on March 23 at 8:30 p.m.

The Administration and Finance Committee (FAC) meets on Monday and will review a proposal outlining the city's participation in Earth Hour 2013.

Part of the proposal includes free bus service between 6 p.m. and 1 a.m. on March 23. If the FAC accepts the proposal it will be forwarded to city council for final approval. METRO

Best Charity Cookbook

Breast Friends wins best in North America

A group of 10 women from Foam Lake, Sask., have won the World Award for Best Charity Cookbook in North America, beating out high profile nominees such as Michelle Obama for the title.

The women won for their cookbook titled For the Men in Our Lives — part of their Breast Friends cookbook series and have raised more than $1.4 million for cancer research since starting in 2004.

They were awarded the prize at a gala event held in Paris, France. METRO

Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg, South Africa. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, Oldwage said.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who Oscar Pistorius is accused of shooting to death, was on television again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- **The chief police investigator** faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- **Hilton Botha** was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

Oscar Pistorius was charged with the premeditated murder of Steenkamp, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. THE ASSOCIATED PRESS

Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with air strikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings, posing a stiff challenge to the regime in its seat of power.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007.

It was not clear what the site was being used for most recently.

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus after apparently being caught in the crossfire.

Bakoush, 75, was known for playing characters that were likeable but naive and dim-witted.

State news agency SANA said Bakoush was killed by a rebel mortar round that landed on his car. However, the anti-regime Syrian Observatory for Human Rights said he was killed when a rocket-propelled grenade launched by government forces slammed into his car. THE ASSOCIATED PRESS

A Syrian villager writes the name of his granddaughter, who was killed by a government air strike, on her grave, Sunday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Search for a Syria solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

- **Journey.** Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East.
- **Talking points.** In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program.

Holy See ya later. Pope bestows his final Sunday blessing on Vatican crowd

Pope Benedict XVI bestowed his final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square, explaining that his age has made him better suited to the life of private prayer he will soon lead in a secluded monastery.

On Thursday evening, the 85-year-old German-born theologian will become the first pope to have resigned from the papacy in 600 years.

However, he said Sunday he is not abandoning the church.

"Prayer is not isolating oneself from the world and its contradictions," Benedict told the crowd. He said he had heard God's call to prayer, "which gives breath to our spiritual life" in a special way "at this moment of my life." THE ASSOCIATED PRESS

The pope's last Angelus noon prayer. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Scotland. Top Catholic cardinal investigated for 'inappropriate behaviour'

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

O'Brien, who heads the Roman Catholic Church in Scotland, was taking advice from lawyers after British newspaper The Observer reported that three priests and a former priest have filed complaints to the Vatican alleging that the cardinal approached them in an inappropriate manner.

The paper did not cite the names of the priests, but it said their allegations date back to the 1980s. THE ASSOCIATED PRESS

Too big to fail

To reform or ruin: Italy holds election

Will Italy stay the course with painful economic reform? Or fall back into old habits? These are the stakes as Italy votes Sunday and Monday.

Leading the pack is Pier Luigi Bersani, a former communist with a pragmatic streak. On his heels is Silvio Berlusconi, seeking a comeback after being forced from the premiership. Incumbent Mario Monti, while widely credited with saving Italy from ruin, is trailing as he pays the price for his austerity measures. THE ASSOCIATED PRESS

Greece

Flying gunmen fail in jailbreak

A helicopter swooped down on a prison courtyard Sunday as armed men on board fired on guards and lowered a rope to help a convicted killer make his fourth attempt to escape from a Greek prison.

But the plot was foiled after prisoner Panagiotis Vlastos was shot and the chopper forced to land.

The escape attempt was one of several involving helicopters in Greece and the first time one has failed. THE ASSOCIATED PRESS

Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying $8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. THE CANADIAN PRESS

Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of $500,000 to $700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

Sequestration

Canadians would feel pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's $16-trillion national debt.

On Thursday, $85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to $1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Meanwhile, exporters will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border. THE CANADIAN PRESS

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THE NEW LEADER OF THE NDP WILL BE MR. WHATSHISNAME

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

It's hard to believe we're in the final stages of an NDP leadership race and 63 per cent of people surveyed don't know the names of any of the candidates.

And 45 per cent don't even know there's a race going on.

In Saskatchewan.

Birthplace of Tommy Douglas and the New Democratic Party.

This past week, some guy named Erin Weir pulled out of the race and threw his support behind some guy named Ryan Meili. The two other guys in the race, Cam Broten and Trent Wotherspoon, say they aren't concerned.

Of course they're not concerned. No one knows who Erin Weir is anyway. Dave, the parking-lot attendant, could pull out and it would have the same effect.

They should, however, be concerned that no one knows who they are, either. After all, they're both MLAs. Two veteran NDP MLAs are vying for the leadership of the party of Roy Romanow and Allan Blakeney and nearly two out of three people don't know it.

Wotherspoon is even the party's finance critic, so he has a ready-made issue this week as the Saskatchewan government gets the Pinocchio award from the C.D. Howe Institute for failing to accurately forecast spending. Somehow, the government has gone 38 per cent over budget in the last decade. Oops.

That should be catnip for the Opposition, but the Opposition is too busy holding debates where the candidates, whoever they are, all politely agree to disagree. No one wants to hurt the other guy's feelings. I guess that's because they need all the friends they can get.

So, what's the problem here? Is it because Brad Wall is like the Sun King, his warm and shining aura banishing all the province's dark shadows? Or is it because voters can't get fired up by four (now three) unknown white guys, who can't help sounding same old, same old, even if they aren't.

For the record, they are, kinda. Broten and Wotherspoon are responsible, if uninspiring, legislators, while Meili, who's a doctor, maybe shouldn't quit his day job. No women. No minorities. No pizazz. Only one candidate showed promise on the humour front, and that was Weir, who told a recent audience that the Saskatchewan Party is the Big Tent because "you need a big tent when you have so many clowns." Best line of the campaign, from the candidate who quit.

So, come March 9, the new leader of the NDP will be Meili, Broten or Wotherspoon.

I hope they're wearing name tags at the convention. Otherwise, they may elect the wrong unknown guy.

As if it matters.

Health risk

Ottawa calls for tanning beds to carry skin-cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning-bed labels don't forbid their use, but instead warn the devices are "not recommended for use by those under 18 years of age."

The labels would also read Tanning Equipment Can Cause Cancer, and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

Final finish line for centenarian

KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes

"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?

Twitter

@SaskGregger: Cora's this morning? Anyone seen how long the line is? #yxe

@knownastron: Happy bday to my man @TMacRacing! If you're not first, you're last.

@MelisaEvans: Sometimes I love being home #saskatoon #besties #girlsnight

@JamesCWatsonSK: It's a beautiful morning in #Saskatoon fire up the BBQ to cook some home Made dear sausage for breakfast

@heather_mo: Listening to the Sunday Sock Hop makes me want to be cruising around American Graffiti style.

@D_cube: What is the point of the city of saskatoon "eBill" service when the website is broken and I can't access my bill. #yxe #fail

metro

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Anne Hathaway wins the Oscar for best supporting actress at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A night at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards

NED EHRBAR
Metro World News in Hollywood

There was no clear favourite for the night as Hollywood's year came to a close at the 85th annual Academy Awards on Sunday.

The Academy kicked off the night with one of the more difficult Oscar categories to predict, best supporting actor, with Christoph Waltz taking the prize for his work in Django Unchained.

Disney-owned animation studio Pixar swept both animated categories, taking animated short (Paperman) and animated feature (Brave), but for the most part the awards were spread out among several titles.

Life of Pi earned trophies for best visual effects and best cinematography, while Les Misérables won best make-up and hairstyling and best sound mixing. Anna Karenina took best costume design.

Seth MacFarlane

Christoph Waltz

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine. "I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Looking ahead

And even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela, according to Deadline.

Red carpet hits ... and misses

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday

1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor. **DOROTHY ROBINSON**

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve. **NADINE ANGLIN**

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing. **NADINE ANGLIN**

On the web

For more Oscar fashion coverage, visit TheKit.ca

4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

Oscar tweets

@TheAcademy
Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara
Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland
Oscars, shmoscars, make some soup!

@Sid_Seixeiro
Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI
My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin
It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

Oscar swag

THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth $12,000
- A one-week, all-inclusive trip to a fitness retreat worth $4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth $3,000
- A $20 box of Naked Condoms
- A $40 electronic cigarette
- A $795 water filtration system
- $60 worth of gluten-free macaroons
- $406 worth of anti-aging hand lotion
- $530 worth of Sedu hair-styling tools
- $250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a $20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's lousiest movies on the eve of the Oscars.

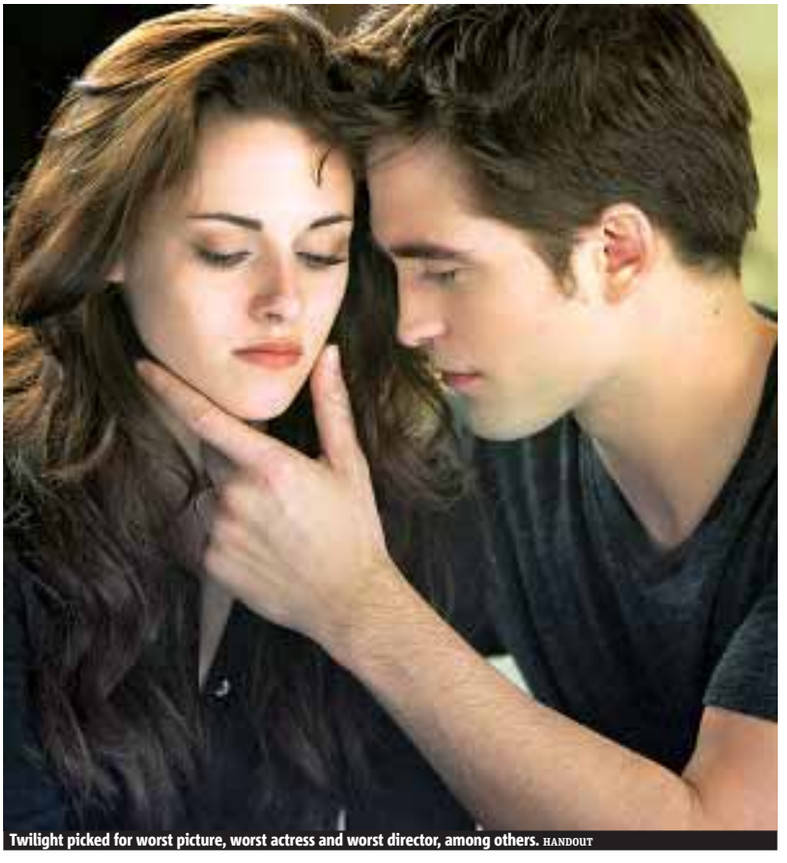
The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pompous, so Twilight really is right up our alley."

Rihanna in Battleship. HANDOUT



Twilight picked for worst picture, worst actress and worst director, among others. HANDOUT

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and Eddie Murphy's comedy flop A Thousand Words.

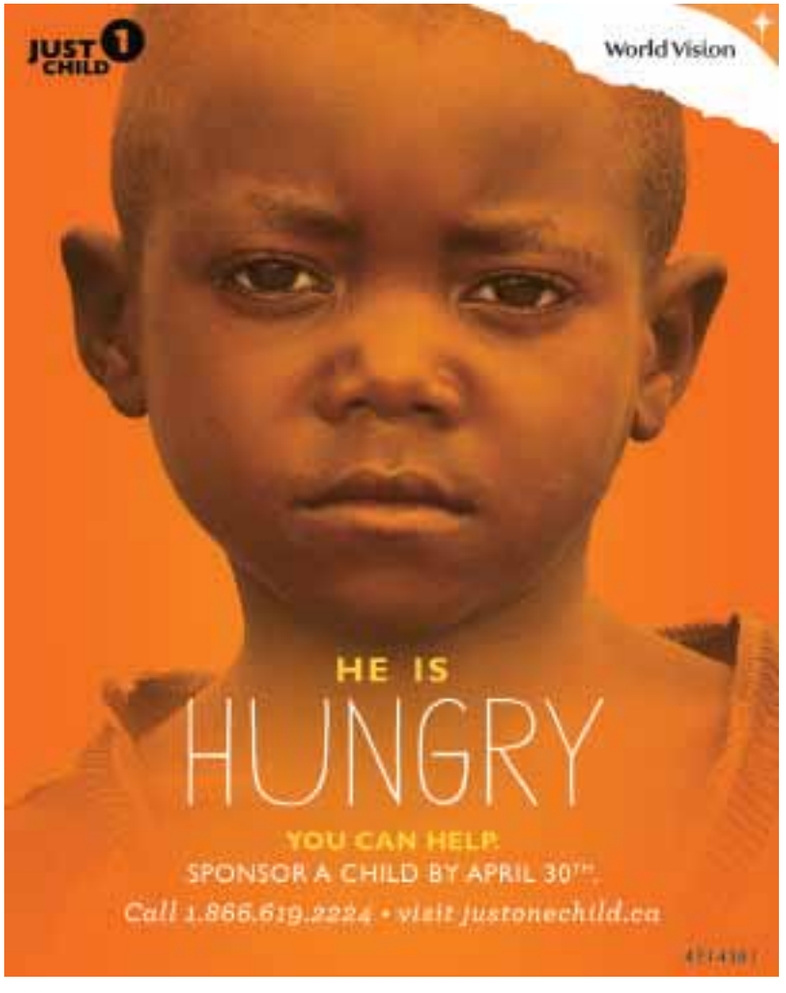
Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS



Madonna

Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo. But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."

Steven Tyler

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted $5 million or $6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of $20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car

STARGAZING
Malene Arpe
scene@metronews.ca

will.i.am

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. – ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay $900,000 a year in child support and Mary J. Blige has a new $900,000 lien against her, while will.i.am pays $900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is $57,000 in unpaid taxes.

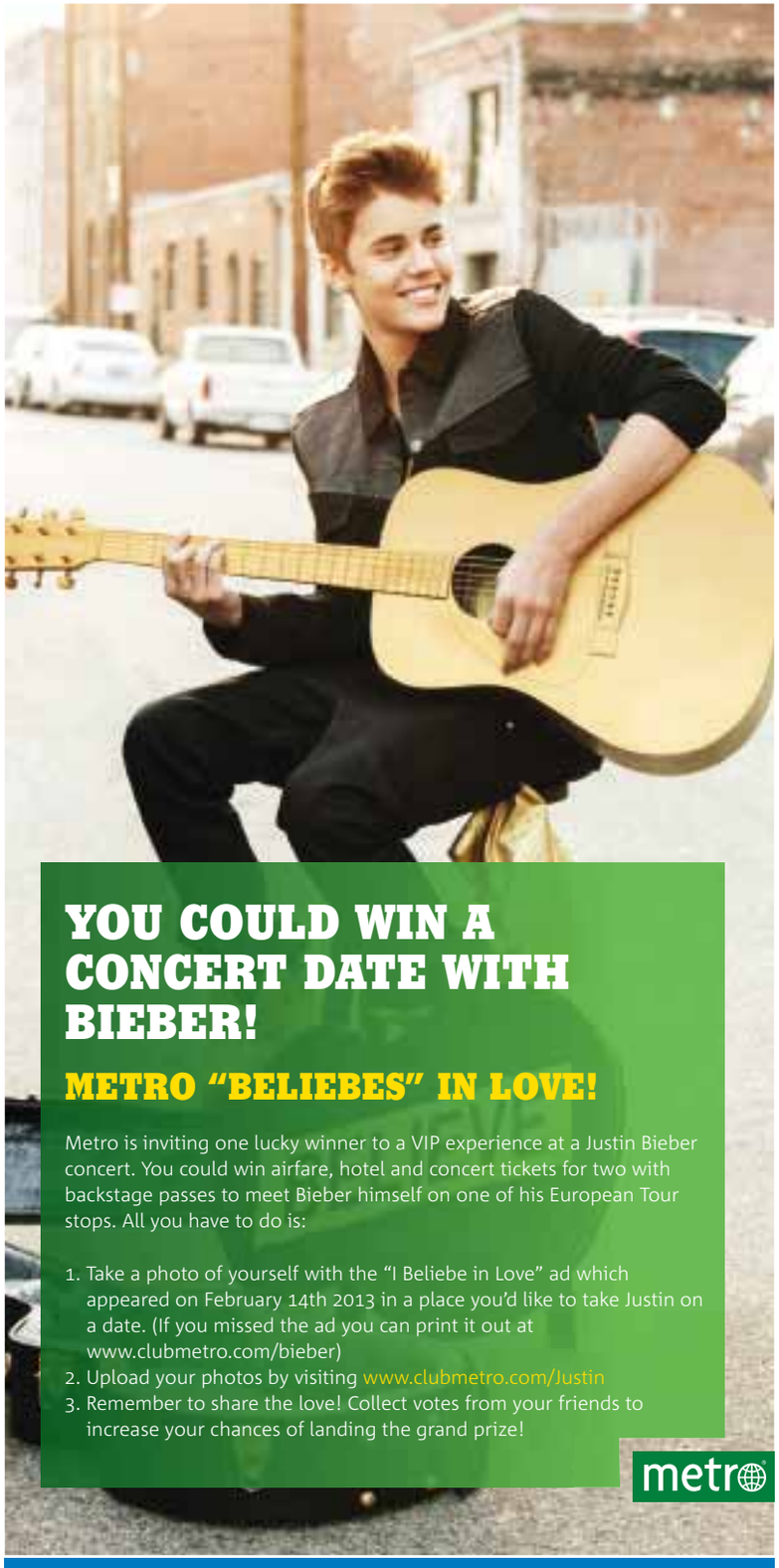
Twitter

@KChenoweth
Just Said hello to Barbra Streisand. Happy now

@BetteMidler
AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?

@rosemcgowan
I hate everyone. Not you, everyone else.

@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.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Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:
1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

No gym required

Spot-toning with tots

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

• Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

• Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

• Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. Joe's mother, Nancy Jensen, was a participant in a new University of Washington study on the effects of television viewing on kids. TED S. WARREN/THE ASSOCIATED PRESS

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes. Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

Another researcher who was not involved in this study but also focuses his work on kids and television commended Christakis for taking a look at the influence of positive TV programs, instead of focusing on the impact of violent TV.

"I think it's fabulous that people are looking on the positive side. Because no one's going to stop watching TV, we have to have viable alternatives for kids," said Dr. Michael Rich, director of the Center on Media and Child Health at Children's Hospital Boston.

THE ASSOCIATED PRESS

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

Rice Cakes with Tomato Purée

These rice cakes have 114 calories per serving (1 rice cake).
MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Rice Cakes
- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce
- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

Healthy eating

Choose it and lose it

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Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spagetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!

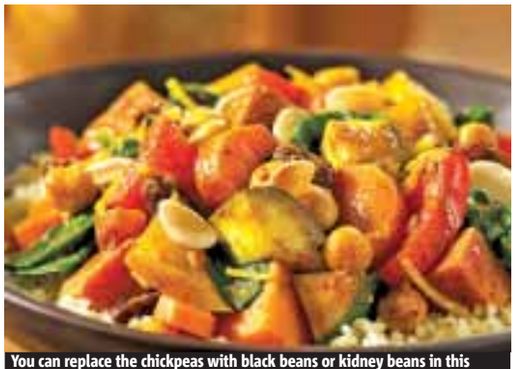
Equivalent

Same as having 2 ½ orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat
This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction

Add Moroccan flair to an easy vegan curry



You can replace the chickpeas with black beans or kidney beans in this recipe for a variation. HANDOUT

Ingredients
- 2 tbsp canola oil
- 1 1/2 cups chopped onions
- 4 cloves garlic, minced
- 2 tbsp curry powder
- 2 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 1/2 cup vegetable broth or water (approx)
- 1 eggplant, peeled and cut into 3/4-inch cubes
- 2 cups cubed peeled sweet potatoes
- 2 cups chopped carrots
- 1 1/2 cups chopped yellow bell peppers
- 1 1/2 cups chopped red bell peppers
- 1 can chickpeas, drained and rinsed
- 2 cups diced zucchini
- 1/4 cup raisins
- 1 cup unsweetened orange juice
- 1 pkg frozen chopped spinach, thawed and drained
- 2 cups couscous
- 2 cups boiling water
- 1/4 cup sliced almonds
- Grated zest and juice of 1/2 lemon

1. In a large Dutch oven, heat oil over medium heat. Sauté onions for 3 to 4 minutes or until softened. Add garlic, curry powder, cinnamon, turmeric and cayenne; sauté for 1 minute or until spices are fragrant.

2. Add broth and deglaze pan, scraping up any brown bits. Add eggplant, sweet potatoes, carrots, yellow peppers and red peppers; sauté for 5 minutes. If vegetables begin to stick to pan, add more broth.

3. Stir in chickpeas, zucchini, raisins and orange juice; bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until sweet potatoes are fork-tender. Stir in spinach; cover and simmer for 5 minutes or until heated through.

4. Meanwhile, place couscous in a large shallow bowl. Stir in boiling water. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff with a fork.

5. Spoon vegetable mixture over couscous and garnish with almonds, lemon zest and lemon juice.

THE CANADIAN PRESS/COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

Careers

Building on a passion

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

Lost your job? Make a graceful exit

Now what?
A positive outlook, solid references and a clean online profile can all help smooth over the transition

YLVA VAN BUREN
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Onward and upward

"This is the time to start with the end in mind and move in that direction, uninhibited by the past job and our reaction to losing it."
Stefan Danis, CEO, Mandrake

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
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Ontario's Homan takes home the gold at Scotties

Curling. Manitoba skip Jennifer Jones settles for second at final match in Kingston, Ont.

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend what just happened right now," Homan said. "It's unbelievable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win. She had to pause on occasion as tears of joy welled in her eyes.

The partisan crowd at the K-Rock Centre roared its approval in the opening end as Homan jumped out to an early lead. Jones crashed on a guard and Homan made a nice draw to score three.

Jones, a four-time national champion, tied the game at 4-4 with a double in the sixth end but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three and the crowd erupted when she nailed it for a 7-4 lead.

Ontario padded its lead with a steal of two after Jones missed a triple takeout attempt in the eighth end.

Earlier in the day, B.C.'s Kelly Scott defeated Team Canada's Heather Nedohin 10-8 to win the bronze medal.

THE CANADIAN PRESS

Quoted

"They played great. They played lights out and they deserved to win today."

Manitoba's Jennifer Jones on Team Ontario

Ontario skip Rachel Homan, centre, celebrates her team's victory at the Scotties Tournament of Hearts with third Emma Miskew, left, and second Alison Kreviazuk on Sunday at Kingston K-Rock Centre. RYAN REMIORZ/THE CANADIAN PRESS

Power play powers Wings past Canucks

Detroit Red Wings centre Henrik Zetterberg, second from right, celebrates his goal with Daniel Cleary, right, and Damien Brunner as Vancouver Canucks defenceman Alexander Edler skates away Sunday in Detroit. DUANE BURLESON/THE ASSOCIATED PRESS

Less than 30 hours after being burdened with a five-game losing skid, the Detroit Red Wings are suddenly headed in the other direction.

Damien Brunner had two goals and two assists, and Joakim Andersson scored twice for the Red Wings in an 8-3 victory over the Vancouver Canucks on Sunday.

The Red Wings ended their losing streak with a 4-0 win over Nashville on Saturday night and then followed it up with a rout of the Canucks.

"This was a tough game. You're playing at 5:00 after playing a 7:00 the night before," Detroit coach Mike Babcock said. "It's one on your schedule you look at, you don't know if you'll have an opportunity to win. We feel real fortunate to have gotten back-to-back wins."

On Sunday

8	3
Wings	Canucks

Henrik Zetterberg and Niklas Kronwall had a goal and two assists each, Daniel Cleary added a goal and an assist, and Jordin Tootoo also scored for Detroit, which netted three power-play goals in the second period to take the lead.

"Of course the team that didn't play the night before had more energy. It's natural, but you've just got to keep it simple and not get caught out there for a long time," Zetterberg, the Red Wings captain, said. "We did that today and we got some goals on the power play, and that helps."

THE CANADIAN PRESS

NHL

Jets keep rolling on the road

Evander Kane scored a breakaway goal in the second period, and Andrew Ladd added some insurance in the third to lift the Winnipeg Jets over the New Jersey Devils 4-2 on Sunday.

Zach Bogosian scored in the first period, and Grant Clitsome had a power-play goal in the second for the Jets, who have won three of the first four of a five-game trip that concludes Tuesday in New York against the Rangers. Ondrej Pavelec made 26 saves.

Travis Zajac and Steve Bernier had goals for New Jersey, but the Devils lost their fourth in five games and second at home this season. THE ASSOCIATED PRESS

Winnipeg Jets goalie Ondrej Pavelec on Sunday. GETTY IMAGES

World Baseball Classic

Martin pulls out on Team Canada

Russell Martin won't moonlight at shortstop after all.

Pittsburgh's catcher says he won't play for Team Canada in the World Baseball Classic because Canadian and Pirates officials don't want him to move from his normal position.

THE CANADIAN PRESS

NBA

"Amnesty THAT"

Kobe Bryant's tweet after scoring 38 points against the Dallas Mavericks on Sunday. Mavericks owner Mark Cuban had suggested in a radio interview the Los Angeles Lakers could reduce their salary-cap tax by dumping Bryant through the amnesty clause. Cuban said before the game he was speaking hypothetically. The Lakers beat the Mavs 103-99.

4 SPORTS

Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the NASCAR Sprint Cup Series Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

Johnson returns to winning ways at Daytona 500

NASCAR. Five-time Sprint Cup champ wins in 400th career start to outdo pole-sitter Patrick on historic day for racing

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS

Crash concerns

Fans feeling unsafe after the terrifying crash at Daytona International Speedway a day earlier were able to change seats for NASCAR's biggest race on Sunday.

- Workers repaired a section of fence — 54 feet wide and 22 feet high — that was shredded Saturday when Kyle Larson's car went airborne on the final lap of a second-tier race and crashed through the barrier that separates cars from fans. Large pieces of debris sprayed into the upper and lower section of the stands.
- Saturday's crash injured more than 30 people, raising more questions about fan safety at race tracks.

THE NEXT BIG TICKET

PotashCorp University Cup presented by Co-op!
March 14 – 17 @ Credit Union Centre.
Visit ticketmaster.ca

SaskTel CIS Awards Gala, guest speaker Ron MacLean
March 13 @ TCU Place. Visit huskietickets.ca

Cabarets, featuring The Trews, 54-40, Our Lady Peace and Sloan
March 15 & 16 @ Prairieland Park.
Visit ticketmaster.ca

PotashCorp
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Always plan a safe ride home.
SGI Take care out there.

UFC

Rousey successful in historic title fight

Ronda Rousey, the first women's champion in UFC history, said she would not feel like a true title holder until she defended her belt. On Saturday, she did exactly that in emphatic fashion.

After surviving an early scare from spirited challenger Liz Carmouche, Rousey (7-0) latched in her signature technique — the armbar — to score a first-round submission win in the first defence of the title she was granted in November.

"I was actually less nervous walking out than I was for some of my earlier fights," Rousey said. "I felt like the UFC champion, and I know how hard I am working. This was a wild ride, and I can't wait to get back in the octagon."

THE CANADIAN PRESS

Ronda Rousey hits Liz Carmouche during their bantamweight fight on Saturday in Anaheim, Calif. GETTY IMAGES

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	33	20	.623	6 1/2
Chicago	32	23	.582	8 1/2
Brooklyn	33	24	.579	8 1/2
Atlanta	31	23	.574	9
Boston	29	26	.527	11 1/2
Milwaukee	26	28	.481	14
Toronto	**23**	**33**	**.411**	**18**
Philadelphia	22	32	.407	18
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	44	13	.772	—
Oklahoma City	40	15	.727	3
L.A. Clippers	40	18	.690	4 1/2
Memphis	37	18	.673	6
Denver	35	22	.614	9
Golden State	33	23	.589	10 1/2
Utah	31	25	.554	12 1/2
Houston	31	27	.534	13 1/2
L.A. Lakers	28	29	.491	16
Dallas	25	30	.455	18
Portland	25	30	.455	18
Minnesota	20	33	.377	22
New Orleans	20	37	.351	24
Sacramento	19	38	.333	25
Phoenix	18	38	.321	25 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio at Phoenix
Boston at Portland
Chicago at Oklahoma City

Saturday's results
Washington 105 Houston 103
Denver 113 Charlotte 99
Cleveland 118 Orlando 94
Miami 114 Philadelphia 90
Indiana 90 Detroit 72
Atlanta 103 Milwaukee 102
L.A. Clippers 107 Utah 94

Monday's games — All Times Eastern
Washington at **Toronto**, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Boston at Utah, 9 p.m.
L.A. Lakers at Denver, 9 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	12	6	0	60	45	24
New Jersey	19	10	5	4	48	49	24
Philadelphia	20	9	10	1	58	62	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	18	12	4	2	52	39	26
Boston	15	11	2	2	45	34	24
Ottawa	19	11	6	2	46	36	24
Toronto	19	11	8	0	53	44	22
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	9	7	1	66	53	19
Carolina	17	9	7	1	50	51	19
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	18	15	0	3	58	35	33
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Nashville	19	8	6	5	39	43	21
Columbus	19	5	12	2	40	56	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Edmonton	17	7	7	3	40	46	17
Colorado	16	7	8	1	39	47	15
Calgary	16	6	7	3	43	55	15

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	15	12	2	1	53	39	25
Phoenix	17	8	6	3	46	44	19
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina 4 NY Islanders 2
Chicago 1 Columbus 0
Tampa Bay at Pittsburgh
Phoenix at Calgary
Colorado at Anaheim

Saturday's results
Washington 5 New Jersey 1
Philadelphia 5 Winnipeg 3
Edmonton 3 Phoenix 2 (SO)
Los Angeles 4 Colorado 1
Montreal 3 NY Rangers 0
NY Islanders 4 Buffalo 0
Ottawa 3 Toronto 2
Tampa Bay 5 Carolina 2
Detroit 4 Nashville 0
St. Louis 2 Columbus 1
Dallas 3 San Jose 1
Calgary 3 Minnesota 1

Friday's results
Pittsburgh 3 Florida 1
Vancouver 1 Nashville 0
Chicago 2 San Jose 1

Monday's games — All Times Eastern
Toronto at Philadelphia, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Dallas at Nashville, 8 p.m.
Edmonton at Chicago, 8:30 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	12	14	26
Vanek, Buf	12	13	25
Crosby, Phg	7	18	25
Tavares, NYI	12	11	23
Kane, Chi	9	14	23
St. Louis, TBL	4	19	23
Voracek, Phi	7	15	22
Zetterberg, Det	5	17	22
Moulson, NYI	9	12	21
Ribeiro, Wash	6	15	21
Elias, NJ	5	16	21
Malkin, Phg	4	17	21
Datsyuk, Det	8	12	20
Kunitz, Phg	7	13	20
Marleau, SJ	12	6	18
Staal, Car	8	10	18
Giroux, Phi	6	12	18
Thornton, SJ	4	14	18
Neal, Phg	12	5	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenn, Phi	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	5	12	17
Purcell, TBL	4	13	17
Clarkson, NJ	10	6	16
Ladd, Win	9	7	16
Conacher, TBL	6	10	16
Steen, StL	4	12	16

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

♉ Taurus
April 21 - May 21
What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

♊ Gemini
May 22 - June 21
Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

♋ Cancer
June 22 - July 23
Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

♌ Leo
July 24 - Aug. 23
Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

♍ Virgo
Aug. 24 - Sept. 23
It would appear that something has been bubbling away in your subconscious for some time but is now ready to break though and be taken seriously. It will lead to some radical changes in the way you think.

♎ Libra
Sept. 24 - Oct. 23
A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

♏ Scorpio
Oct. 24 - Nov. 22
You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

♐ Sagittarius
Nov. 23 - Dec. 21
If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

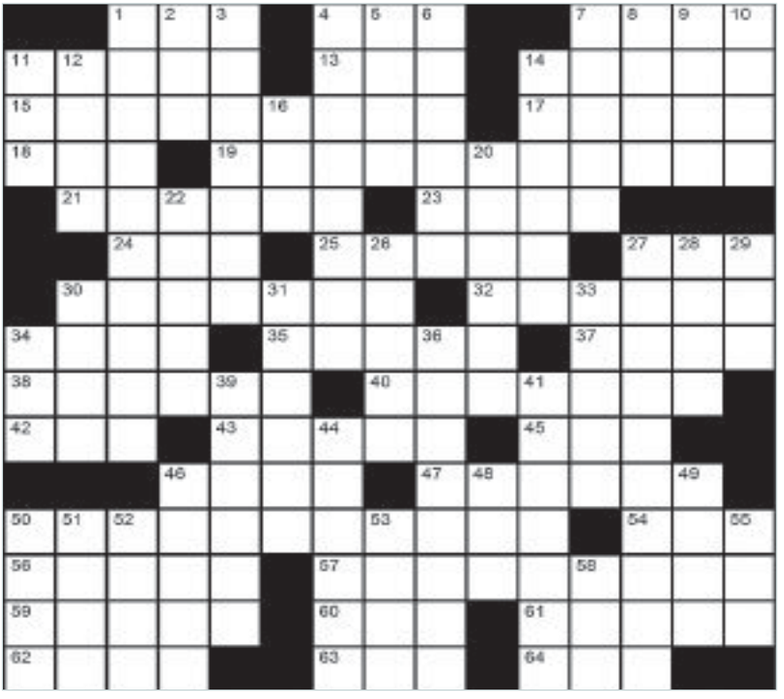
♒ Aquarius
Jan. 21 - Feb. 19
If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

♓ Pisces
Feb. 20 - March 20
The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



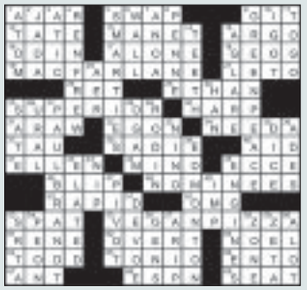
Across

1. __ Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes __ __ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an __ __ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. __-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath _ __ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, __ __ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This __ __ outrage!"
63. Web feed syst. for updates
64. Climber's li'l conquests

Down

1. Hub of activity for guests, bellhops, checking in, etc.: 2 wds.
2. Shakespearean suffix
3. Lions as sound-makers
4. Boat race meets
5. Good vs. __
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How __ __ It"
14. "I __ for Miles" by The Who: 2 wds.
16. Hi-__ graphics
20. Ben Kingsley title film role
22. "__ __ _ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, __ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of __'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

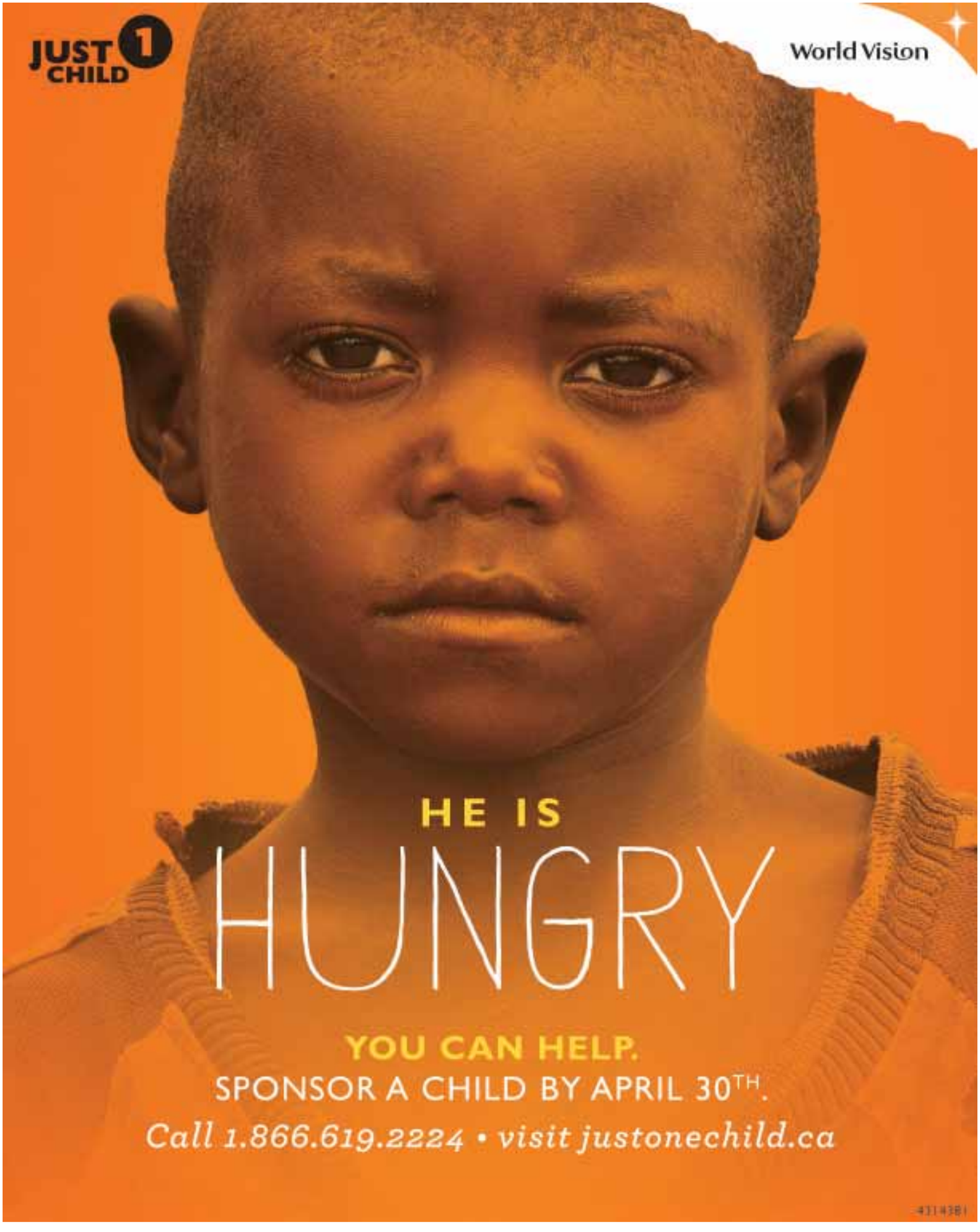
6		8		1				
			6				2	
	5			9		7		
7		1	4		3	6		
	8						5	
		3	8		1	4		9
		5		2			3	
	7				4			
				3		2		1

Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

Sharability

easy — hard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